

# Summary

**Title:** Evaluation of the most frequent injuries in elite women basketball players in the Czech Republic

**Problem specification:** Basketball is nowadays one of the most popular collective sport games in the world. In elite sports generally we can see many acute injuries as well as overfreight injuries and basketball is not the exception. At its beginnings, basketball was considered as a non-contact sport, but this is not true any more. This Diploma work focuses on evaluation of the most frequent injuries in elite women basketball players in the Czech Republic.

**Objective:** Objective of this Diploma work is to evaluate most frequent injuries and evaluate level of regeneration and compensating instruments by basketball teams, who played EXCELSIOR Women basketball league.

**Methods:** This Diploma work uses a method called non-standardized questionnaire. Information were get from individual women basketball teams that played in 2011/2012 season EXCELSIOR Women basketball league. There were analyzed 127 questionnaires on the whole.

**Results:** Results shows that one of the most frequent injury by players playing EXCELSIOR Women basketball league is injury of ankle. Injury of ankle got 45% of players, injury of knee got 16% of players and 22% of players got injury of upper limbs. 14% of players got fracture of fingers. Less common injuries are fracture of the nose, stress fracture of tibia or in the tarsal navicular, calcaneus, metatarsus, nad cuneiforms. By all player positions the most frequent injury was injury of ankle, the most frequent injury by center post was u injury of knee.

**Key words:**

Woman and sports, sport injuries, basketball, physiotherapy in sports, regeneration and compensation athletes